

## How should members be selected?

Potential members of the school wellness/health council should:

1. Demonstrate interest in youth
2. Display community awareness/involvement
3. Have knowledge of health and wellness
4. Be willing to commit time
5. Be representative of the cultural identity of the community
6. Be reliable, respectable and honest

### Resources:

[Promoting Healthy Youth, Schools, and Communities: A Guide to Community– School Health Councils](http://www.cancer.org/schoolhealthcouncil)

[www.cancer.org/schoolhealthcouncil](http://www.cancer.org/schoolhealthcouncil)

[Alliance for a Healthier Generation: School Wellness Council Toolkit](http://www.healthiergeneration.org/uploadedFiles/For_Schools/Helpful_Tools/08Toolkit_SWC.pdf)

[http://www.healthiergeneration.org/uploadedFiles/For\\_Schools/Helpful\\_Tools/08Toolkit\\_SWC.pdf](http://www.healthiergeneration.org/uploadedFiles/For_Schools/Helpful_Tools/08Toolkit_SWC.pdf)

[Centers for Disease Control and Prevention: Make a Difference at Your School!](http://www.cdc.gov/healthyyouth/keystrategies/pdf/make-a-difference.pdf)

<http://www.cdc.gov/healthyyouth/keystrategies/pdf/make-a-difference.pdf>

[NRG Balance: The movement to make healthy easy. School Health Council Resource Guide.](http://www.nrgbalance.org/documents/School-Health-Council-ResourceGuide.pdf)

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## If my school does not have a School Wellness/Health Council (SWC), how do I get started?

Whether you are a teacher, parent, student, or school administrator, you can make healthy changes at your school.

- Gather three to five interested people to define shared perceptions about the need for a SWC
- Meet with school administration to secure support
- Hold an initial meeting to establish roles
- Identify a team leader or coordinator
- Review school systems' policies and procedures that impact health/wellness
- Complete a School Health Assessment
- Create an action plan for your school
- Draft a vision for the SWC



# SHAPINGNJ

The State Partnership for  
Nutrition, Physical Activity and  
Obesity Prevention

## The Importance of a School Wellness Council in Your School

[www.shapingnj.gov](http://www.shapingnj.gov)

Funding for this brochure was provided by the New Jersey Department of Education through a cooperative agreement with the Centers for Disease Control and Prevention.

## What are School Wellness/Health Councils (SWC)?

A SWC is a team comprised of school staff and administrators, parents, community members, and student leaders working in partnership to improve the health and well-being of students in a school.

SWC's provide guidance on school health policies, programs and practices.

The SWC can help to create a healthy, active school environment.

## What can a School Wellness/Health Council (SWC) do?

- Assist in the review, development and implementation of wellness policies
- Assess your schools' health and wellness policies by using tools such as the [school health index](http://www.cdc.gov/HealthyYouth/shi/) (<http://www.cdc.gov/HealthyYouth/shi/>)
- Develop an action plan
- Coordinate resources, services and healthy initiatives
- Advocate for healthy initiatives
- Educate the community on healthy school initiatives
- Raise funds as needed

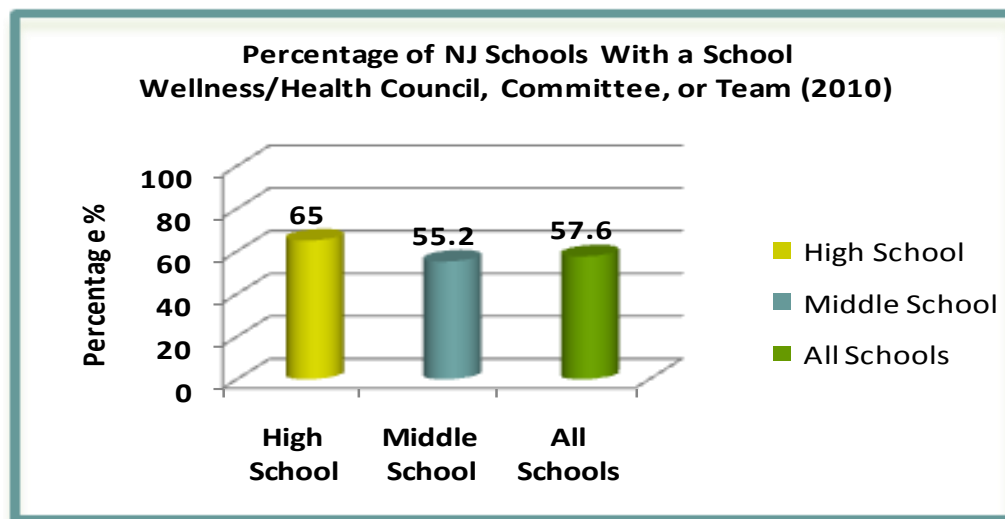
## Who should be on the School Wellness/Health Council (SWC) team?

### Recommended Core Team:

- School administrator
- Health education teacher
- Physical education teacher
- Mental health or social service staff
- Health Services staff (i.e. school Nurse)
- Nutrition/Food Service staff
- Maintenance & Transportation staff
- Students
- Parents
- Community member(s)

### Additional Team Members Include:

- Local Health Department
- Faith-based organization(s)
- Coaches
- Business
- Local government



\*\*Data provided by CDC (NJ) 2010 School Health Profiles Report.\*\*

Add additional members to your team to represent the needs of your school and community.